

# **STEP-BY-STEP**

## **2nd Ed.**

### **A GUIDE TO**

### **MOBILITY TECHNIQUES**

#### **REVIEW GUIDE**

**TRANSPORTATION TECHNIQUES**  
**By Sandra Rosen, Ph.D.**

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# **INTRODUCTION**

The review guides supplement the Step-By-Step series on orientation & mobility. Designed for use by students preparing to become O&M specialists and by other vision professionals alike, the review guides provide the user with a quick, sequential, and pictorial review of the mobility skills taught in the corresponding study guide and video. Whether used to prepare for a test or to provide a quick refresher when preparing to teach a new or forgotten skill, it is hoped this review guide will be of value to the user. For more detailed information about each mobility skill, please see the Step-By-Step study guides or the Step-By-Step videos included on the flash drive.

**Notes for Screen Reader Users:**

The format used for the review guides is a series of tables with descriptive headings immediately preceding each one. In lieu of Alt Text, a short description of each photo appears in the cell to the left of that photo.

# **AUTOMOBILE TRAVEL**

# AUTOMOBILE TRAVEL

## Entering the Front Seat

Holding the cane in her left hand, the traveler locates the door handle with her right hand.



The traveler opens the door; she maintains contact with it and moves forward half of the distance to the door hinge to position herself next to the seat.

Either:

- She locates the edge of the car roof with her cane grip or shaft (keeping the cane vertical), then transfers the cane to her right hand.
- Or she first transfers the cane to her right hand and then locates the roof edge using the UPPER HAND & FOREARM (modified) technique with her left arm.



Maintaining her right hand in contact with the roof edge, at least until she has ducked her head below it, the traveler clears the seat with her left hand.



The traveler sits down and then brings her cane into the vehicle. She places the cane tip near her foot and rests the shaft on her right shoulder.



Holding the cane shaft with her left hand, the traveler closes the door and then stores her cane by:

- Continuing to rest the cane shaft on her shoulder, or
- Lowering her cane to rest between the seat and the door, or
- Using another CANE PLACEMENT technique (see Introduction & Appendices).
- A box at the bottom of the photo reads, "Door shown open for demonstration purposes only."



## Exiting the Front Seat

Holding the cane shaft securely with her left hand, the traveler opens the door slowly and, if necessary, holds the door open to keep it from closing on its own.



The traveler uses her cane to clear the area outside of the door. (A white arced arrow shows the movement of the traveler's cane during clearing.)



The traveler locates the roof edge with her left hand.



The traveler exits the automobile and closes the door.



# **CITY BUS TRAVEL**

# CITY BUS TRAVEL

## Boarding

While waiting for the bus to arrive, the traveler stands 1–2 feet from the curb, angled toward the direction from which the bus will approach. She holds her cane in either a vertical or semi-vertical position in front of her.



When the bus stops, the traveler approaches the door.

- If she contacts the side of the bus instead of the door, she can use the TOUCH TRAILING technique to locate the door.



Allowing other passengers to exit first, the traveler asks the driver to verify the bus number/stop information prior to boarding the bus. (A speech bubble in the photo reads, "Is this the #78 to San Pablo?")



Holding the fare in her right hand and the cane in her left hand, the traveler climbs the steps of the vehicle using the NEGOTIATING STAIRS technique.



She trails the handrail to the fare box

- Holding the money in her right hand while trailing the handrail makes it easier to drop the money directly into the fare box when the traveler locates it (see the Study Guide for information on using fare cards).



The traveler asks the driver

- For a transfer, if needed;
- To call out her stop; and
- If the seat next to the door is vacant.

(A speech bubble in the photo reads, "May I have a transfer? Will you call out 13<sup>th</sup> and Broadway? Is there a vacant seat near the door?")



If she desires, the traveler may now transfer the cane to her right hand.



Using the CONGESTED AREA technique, the traveler locates an empty seat.



Using the SEATING technique, the traveler clears the seat and sits down.



She positions the cane using the CANE PLACEMENT technique (see Introduction & Appendices).



## Exiting

The traveler verifies she is at the correct location before exiting the bus.

She waits for the bus to come to a complete stop before standing up.



The traveler uses the CONGESTED AREA technique (with the tip in contact with the floor) to locate the stairs.



- If using the Diagonal position, the traveler holds the cane in her left hand. This places the cane tip on the right-hand side where it will detect the stairs most reliably when she turns from the aisle to face the doorway.



The traveler walks down the stairs using the NEGOTIATING STAIRS technique, being certain to clear before taking her final step off of the bus. (A white arced arrow shows the movement of the traveler's cane while clearing.)

The traveler steps away from the door to give other passengers room to board or exit the bus.



# **SUBWAY TRAVEL**

# SUBWAY TRAVEL

## Boarding

Standing at least 3–4 feet from the platform edge, the traveler positions her cane either vertically or semi-vertically across her body.



Allowing other passengers to exit first, the traveler approaches the door using the CONGESTED AREA technique in conjunction with either the TOUCH technique (Constant Contact) or the TOUCH & SLIDE technique.



- If she contacts the side of the subway car, the traveler can trail it using the TOUCH TRAILING technique to locate the door.



The traveler clears using the CONGESTED AREA technique (TOUCH technique with Constant Contact). She then enters the subway car, being certain to step over the gap between the car and the platform. (A white arced arrow shows the movement of the traveler's cane while clearing.)



Continuing to use the CONGESTED AREA technique, the traveler locates an empty seat.



Using the SEATING technique, the traveler clears the seat.



She then sits down and positions the cane using the CANE PLACEMENT technique (see the Introduction & Appendices).



## Exiting

The traveler waits for the train to come to a complete stop before standing up.



The traveler approaches the doorway using the CONGESTED AREA technique—either with the TOUCH technique (Constant Contact) or in conjunction with the TOUCH & SLIDE technique.



The traveler clears with her cane (An arced white arrow shows the movement of the traveler's cane while clearing.)...



...and then steps onto the platform, being certain to step over the gap.



She steps away from the door to allow room for other passengers to board or exit the train.



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